

KOŁOBRZESKA 15-STKA ZAŚLUBIN

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: Kołobrzaska 15-stka Zaślubin
Organizator: Miejski Ośrodek Sportu i Rekreacji
Data: 2024-03-17
Miejsce: Kołobrzeg
Dystans: 15 km



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	PRZYBYŁA Adrian	403	RUN GOKU TEAM	M-30	1	00:00:00	00:48:24.85	00:48:25.17		3:13	18.6 (100%)
2	KOZŁOWICZ Tomasz	234	OBORYGENI	M-30	2	00:00:00	00:49:44.56	00:49:44.87	+00:01:19 (2.7%)	3:18	18.1 (97.3%)
3	PYTLAK Michał	405	AML SŁUPSK /7 BRYGADA OBRONY WYBRZEŻA	M-30	3	00:00:00	00:50:00.24	00:50:00.56	+00:01:35 (3.2%)	3:20	18 (96.8%)
4	CZERNIEWSKI Marcin	594	AML SŁUPSK	M-30	4	00:00:01	00:52:26.25	00:52:27.66	+00:04:01 (7.7%)	3:29	17.2 (92.5%)
5	OSIŃSKI Wojciech	377	TEAM ZABIEGANEDNI	M-30	5	00:00:02	00:53:15.71	00:53:18.14	+00:04:50 (9.1%)	3:33	16.9 (90.9%)
6	BORYSIUK Arkadiusz	49	ELITE NIERUCHOMOŚCI SZCZECIN	M-30	6	00:00:00	00:53:47.19	00:53:47.50	+00:05:22 (10.0%)	3:35	16.7 (89.8%)
7	LESYK Rafał	283	SZCZECINECCY BIEGACZE	M-30	7	00:00:00	00:54:25.41	00:54:25.73	+00:06:00 (11.0%)	3:37	16.5 (88.7%)
8	PRZEKOPOWICZ Bartosz	402	WOJSKO POLSKIE	M-30	8	00:00:00	00:54:32.98	00:54:33.30	+00:06:08 (11.2%)	3:38	16.5 (88.7%)
9	WILCZEWSKI Krzysztof	533	KB SPOKO SŁAWNO	M-30	9	00:00:03	00:56:49.83	00:56:52.97	+00:08:24 (14.8%)	3:47	15.8 (84.9%)
10	ZIELECKI Adam	568	RUNPASSION.PL TEAM	M-30	10	00:00:06	00:56:55.25	00:57:01.32	+00:08:30 (14.9%)	3:47	15.8 (84.9%)
11	TERLIKOWSKI Grzegorz	498	TRENER PERSONALNY GRZEGORZ TERLIKOWSKI	M-30	11	00:00:00	00:56:59.44	00:56:59.76	+00:08:34 (15.0%)	3:47	15.8 (84.9%)
12	FEDORCZAK Łukasz	110	BIEGOLAS KOSZALIN	M-30	12	00:00:02	00:57:40.70	00:57:43.04	+00:09:15 (16.1%)	3:50	15.6 (83.9%)
13	SZYMAŃSKI Krzysztof	488		M-30	13	00:00:01	00:57:41.39	00:57:42.89	+00:09:16 (16.1%)	3:50	15.6 (83.9%)
14	UZNAŃSKI Wojciech	514		M-30	14	00:00:00	00:57:45.12	00:57:45.44	+00:09:20 (16.2%)	3:51	15.6 (83.9%)
15	WNUK Dominik	543	ZAWIANI KOŁOBRZEG	M-30	15	00:00:10	00:59:02.38	00:59:12.41	+00:10:37 (18.0%)	3:56	15.2 (81.7%)
16	KRÓL Sebastian	242	STONEMAN TEAM	M-30	16	00:00:38	00:59:22.90	01:00:01.05	+00:10:58 (18.5%)	3:57	15.2 (81.7%)
17	SMOŁUCH Marcin	447	KB BRYZA POSTOMINO	M-30	17	00:00:07	00:59:42.14	00:59:49.49	+00:11:17 (18.9%)	3:58	15.1 (81.2%)
18	MADEJSKI Przemysław	300		M-30	18	00:00:11	00:59:52.47	01:00:04.18	+00:11:27 (19.1%)	3:59	15 (80.6%)
19	MICHAŁOWSKI Piotr	337	KB BIEGAJĄCY DIETETYK TEAM	M-30	19	00:00:12	01:00:05.44	01:00:17.92	+00:11:40 (19.4%)	4:00	15 (80.6%)
20	KIESZKOWSKI Adam	198		M-30	20	00:00:00	01:00:37.81	01:00:38.13	+00:12:12 (20.1%)	4:02	14.8 (79.6%)
21	KOWALSKI Damian	592	KLUB BIEGACZA BRYZA POSTOMINO	M-30	21	00:00:07	01:01:19.25	01:01:27.24	+00:12:54 (21.0%)	4:05	14.7 (79.0%)
22	STADNIK Rafał	454		M-30	22	00:00:25	01:02:04.09	01:02:29.32	+00:13:39 (22.0%)	4:08	14.5 (78.0%)
23	WŁADYKO Rafał	542	STRAŻ POŻARNA KOSZALIN	M-30	23	00:00:07	01:02:13.64	01:02:21.36	+00:13:48 (22.2%)	4:08	14.5 (78.0%)
24	CHMIEL Krzysztof	70	STONEMAN TEAM	M-30	24	00:00:10	01:02:40.69	01:02:50.76	+00:14:15 (22.8%)	4:10	14.4 (77.4%)
25	SKORYCH Andrii	443	YULI	M-30	25	00:00:22	01:03:26.48	01:03:49.39	+00:15:01 (23.7%)	4:13	14.2 (76.3%)
26	BARTHA Adrian	22	KO-Ł-OB	M-30	26	00:00:04	01:04:17.81	01:04:21.91	+00:15:52 (24.7%)	4:17	14 (75.3%)

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27	JÓŻWIK Adam	178	OLSZEWSKI I SYNOWIE	M-30	27	00:00:14	01:04:18.85	01:04:33.48	+00:15:54 (24.7%)	4:17	14 (75.3%)
28	SZARŁATA Piotr	474		M-30	28	00:00:03	01:04:24.09	01:04:27.41	+00:15:59 (24.8%)	4:17	14 (75.3%)
29	ZYGOŃ Artur	583		M-30	29	00:00:02	01:04:32.00	01:04:34.25	+00:16:07 (25.0%)	4:18	13.9 (74.7%)
30	DURKA Rafał	105		M-30	30	00:00:24	01:04:32.16	01:04:57.00	+00:16:07 (25.0%)	4:18	13.9 (74.7%)
31	GERKE Mateusz	131		M-30	31	00:00:04	01:04:38.69	01:04:43.53	+00:16:13 (25.1%)	4:18	13.9 (74.7%)
32	FELSKI Jakub	113	MŻS WOŁCZA MAŁA	M-30	32	00:00:35	01:04:46.86	01:05:22.38	+00:16:22 (25.3%)	4:19	13.9 (74.7%)
33	MŁYNAREK Mirosław	350		M-30	33	00:00:16	01:05:05.52	01:05:22.21	+00:16:40 (25.6%)	4:20	13.8 (74.2%)
34	CIESIELSKI Marcin	79		M-30	34	00:00:18	01:05:17.81	01:05:36.32	+00:16:52 (25.9%)	4:21	13.8 (74.2%)
35	PIŁCZYŃSKI Paweł	385		M-30	35	00:00:09	01:05:29.70	01:05:39.32	+00:17:04 (26.1%)	4:21	13.7 (73.7%)
36	KURCZAK Łukasz	268		M-30	36	00:00:17	01:05:58.08	01:06:15.78	+00:17:33 (26.6%)	4:23	13.6 (73.1%)
37	WITKOWSKI Dawid	539	KB SPOKO SŁAWNO	M-30	37	00:00:15	01:06:14.50	01:06:29.53	+00:17:49 (26.9%)	4:24	13.6 (73.1%)
38	BETAŃSKI Filip	31	THULE GROUP	M-30	38	00:00:26	01:06:17.97	01:06:44.70	+00:17:53 (27.0%)	4:25	13.6 (73.1%)
39	WIELGAT Łukasz	595	KLUB BIEGACZA BRYZA POSTOMINO	M-30	39	00:00:08	01:06:27.58	01:06:35.71	+00:18:02 (27.2%)	4:25	13.5 (72.6%)
40	CHWIEDUK Andrzej	76		M-30	40	00:00:12	01:06:44.73	01:06:57.66	+00:18:19 (27.5%)	4:26	13.5 (72.6%)
41	KUBIK Krystian	258	RUNGRYF GRYFICE	M-30	41	00:00:00	01:07:00.25	01:07:00.56	+00:18:35 (27.7%)	4:28	13.4 (72.0%)
42	SZAFRANEK Krzysztof	473		M-30	42	00:00:42	01:08:11.68	01:08:54.38	+00:19:46 (29.0%)	4:32	13.2 (71.0%)
43	KADŁUBOWSKI Przemysław	185	KARLINOBIEGAJ	M-30	43	00:00:29	01:08:36.68	01:09:05.87	+00:20:11 (29.4%)	4:34	13.1 (70.4%)
44	SZCZYGIELSKI Radosław	478		M-30	44	00:00:15	01:09:24.30	01:09:39.94	+00:20:59 (30.2%)	4:37	13 (69.9%)
45	WYSOCKI Piotr	561	STONEMAN TRIATHLON TEAM	M-30	45	00:00:10	01:09:25.71	01:09:36.43	+00:21:00 (30.3%)	4:37	13 (69.9%)
46	ADRIAN Paweł	5	ADRIAN	M-30	46	00:00:32	01:10:20.50	01:10:52.85	+00:21:55 (31.2%)	4:41	12.8 (68.8%)
47	MIELNIK Piotr	340		M-30	47	00:01:01	01:10:55.64	01:11:57.54	+00:22:30 (31.7%)	4:43	12.7 (68.3%)
48	WILCZEWSKI Mariusz	534	KB SPOKO SŁAWNO	M-30	48	00:00:29	01:11:00.67	01:11:29.90	+00:22:35 (31.8%)	4:44	12.7 (68.3%)
49	DĄBROWSKI Wiktor	90	PAŃSTWO DĄBREK	M-30	49	00:00:12	01:11:02.60	01:11:14.90	+00:22:37 (31.9%)	4:44	12.7 (68.3%)
50	OWCZARZ Marcin	381	FIGA PRACOWNIA PROJEKTOWA	M-30	50	00:00:03	01:12:54.07	01:12:57.61	+00:24:29 (33.6%)	4:51	12.3 (66.1%)
51	ANDRZEJCZAK Łukasz	7	NKB CHYŻY NOWY TOMYŚL	M-30	51	00:00:18	01:12:58.48	01:13:16.58	+00:24:33 (33.7%)	4:51	12.3 (66.1%)
52	OCHWAT Bartłomiej	364		M-30	52	00:00:13	01:13:19.37	01:13:33.32	+00:24:54 (34.0%)	4:53	12.3 (66.1%)
53	ITRICH Krzysztof	158		M-30	53	00:00:32	01:13:32.15	01:14:04.28	+00:25:07 (34.2%)	4:54	12.2 (65.6%)
54	KUBINOWSKI Michał	259		M-30	54	00:00:24	01:13:43.76	01:14:07.93	+00:25:18 (34.3%)	4:54	12.2 (65.6%)
55	SKRZYPCZYK Wojciech	444		M-30	55	00:00:23	01:13:48.34	01:14:12.30	+00:25:23 (34.4%)	4:55	12.2 (65.6%)
56	KOWALSKI Dariusz	226	TRIDARKO	M-30	56	00:00:39	01:14:15.96	01:14:55.63	+00:25:51 (34.8%)	4:57	12.1 (65.1%)
57	PIWEK Adrian	389	STOWARZYSZENIE KRWIODAWCÓW FARA	M-30	57	00:00:03	01:14:54.50	01:14:57.72	+00:26:29 (35.4%)	4:59	12 (64.5%)
58	KLESZCZ Dawid	203	MŻS WOŁCZA MAŁA	M-30	58	00:00:37	01:15:15.55	01:15:53.00	+00:26:50 (35.7%)	5:01	12 (64.5%)
59	MAZURSKI Paweł	331		M-30	59	00:00:18	01:15:31.68	01:15:50.08	+00:27:06 (35.9%)	5:02	11.9 (64.0%)
60	BOBER Kamil	40	#ZALINIAMETYTEAM	M-30	60	00:00:33	01:16:14.94	01:16:48.26	+00:27:50 (36.5%)	5:04	11.8 (63.4%)
61	CIEKLIŃSKI Jacek	78	POD KOSZEM	M-30	61	00:00:36	01:16:40.02	01:17:16.96	+00:28:15 (36.9%)	5:06	11.7 (62.9%)
62	MAKAŚ Sebastian	304		M-30	62	00:00:28	01:16:45.83	01:17:14.22	+00:28:20 (36.9%)	5:07	11.7 (62.9%)
63	SEMENOWICZ Michał	433		M-30	63	00:00:29	01:17:33.84	01:18:03.07	+00:29:08 (37.6%)	5:10	11.6 (62.4%)
64	GAWRYJOŁEK Szymon	128		M-30	64	00:00:26	01:17:39.77	01:18:05.86	+00:29:14 (37.7%)	5:10	11.6 (62.4%)
65	ŚWIĄTEK Adam	493		M-30	65	00:00:40	01:18:01.86	01:18:42.48	+00:29:37 (38.0%)	5:12	11.5 (61.8%)
66	BRZEZIŃSKI Krystian	55	POLARIS	M-30	66	00:00:17	01:18:24.06	01:18:42.03	+00:29:59 (38.2%)	5:13	11.5 (61.8%)
67	MISZTELA Robert	346	GRABOWO	M-30	67	00:00:14	01:19:02.54	01:19:17.47	+00:30:37 (38.7%)	5:16	11.4 (61.3%)
68	JUSZCZAK Jarosław	182		M-30	68	00:00:34	01:20:19.32	01:20:54.13	+00:31:54 (39.7%)	5:21	11.2 (60.2%)
69	RUTKOWSKI Artur	420		M-30	69	00:00:04	01:20:47.29	01:20:51.34	+00:32:22 (40.1%)	5:23	11.1 (59.7%)
70	KIRAGA Jarek	200	TRAINING TANK	M-30	70	00:00:41	01:20:47.33	01:21:28.92	+00:32:22 (40.1%)	5:23	11.1 (59.7%)

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71	DZIWIŃSKI Wojciech	109		M-30	71	00:00:30	01:20:47.94	01:21:18.36	+00:32:23 (40.1%)	5:23	11.1 (59.7%)
72	ZWIRBLIS Arkadiusz	579		M-30	72	00:00:27	01:21:26.95	01:21:54.74	+00:33:02 (40.6%)	5:25	11.1 (59.7%)
73	WIĘSEK Artur	531		M-30	73	00:00:06	01:22:23.38	01:22:30.20	+00:33:58 (41.2%)	5:29	10.9 (58.6%)
74	WIELUŃSKI Maciej	528	12 PUŁK LOGISTYCZNY	M-30	74	00:00:39	01:24:09.06	01:24:48.19	+00:35:44 (42.5%)	5:36	10.7 (57.5%)
75	BUSZAC Paweł	65		M-30	75	00:00:40	01:24:34.87	01:25:14.94	+00:36:10 (42.8%)	5:38	10.6 (57.0%)
76	HINC Piotr	153		M-30	76	00:00:39	01:26:52.32	01:27:32.32	+00:38:27 (44.3%)	5:47	10.4 (55.9%)
77	SILSKI Michał	438		M-30	77	00:00:49	01:26:55.05	01:27:44.59	+00:38:30 (44.3%)	5:47	10.4 (55.9%)
78	MAKOWSKI Adam	306		M-30	78	00:00:55	01:27:17.56	01:28:13.31	+00:38:52 (44.5%)	5:49	10.3 (55.4%)
79	DOMAGAŁA Radosław	96	ATS R.B	M-30	79	00:00:37	01:27:26.01	01:28:03.90	+00:39:01 (44.6%)	5:49	10.3 (55.4%)
80	WIECZOREK Jaromir	527	GRABOWO	M-30	80	00:00:18	01:27:59.84	01:28:18.24	+00:39:34 (45.0%)	5:51	10.2 (54.8%)
81	KRAJDA Adrian	236		M-30	81	00:00:25	01:28:03.11	01:28:28.89	+00:39:38 (45.0%)	5:52	10.2 (54.8%)
82	ŻUCHELKOWSKI Henryk	586	NEPTUN KOŁOBRZEG	M-30	82	00:00:45	01:31:17.49	01:32:03.19	+00:42:52 (47.0%)	6:05	9.9 (53.2%)
83	GIERSZEWSKI Mateusz	133		M-30	83	00:00:28	01:32:52.40	01:33:21.35	+00:44:27 (47.9%)	6:11	9.7 (52.2%)
84	BOWNIK Marcin	50		M-30	84	00:00:49	01:35:37.17	01:36:26.38	+00:47:12 (49.4%)	6:22	9.4 (50.5%)
85	RUDOWICZ Dawid	590		M-30	85	00:00:57	01:38:24.62	01:39:22.13	+00:49:59 (50.8%)	6:33	9.1 (48.9%)
86	ZIELIŃSKI Michał	574		M-30	86	00:00:00	01:38:45.69	01:38:45.69	+00:50:20 (51.0%)	6:35	9.1 (48.9%)
87	KOZAR Paweł	230		M-30	87	00:00:42	01:39:06.30	01:39:48.82	+00:50:41 (51.1%)	6:36	9.1 (48.9%)
88	SERKIS Piotr	434		M-30	88	00:00:16	01:39:58.95	01:40:15.55	+00:51:34 (51.6%)	6:39	9 (48.4%)
89	ZIÓŁKOWSKI Bartłomiej	578		M-30	89	00:00:25	01:41:44.30	01:42:10.14	+00:53:19 (52.4%)	6:46	8.8 (47.3%)

Znaleziono 89 wynik(ów)